



Tobacco Tid-bits

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Southwest Washington Health District

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Quit Help Available

Nicotine is a hard habit to kick— but many smokers are choosing to put out their cigarettes for good. Both smokers and employers are turning to cessation programs for help. The Southwest Washington Medical Center offers a program called "Breathe Clean Air for Life." The 6 week cessation class meets once a week. A different topic is covered each session including goal setting, dealing with cravings, finding support, preventing weight gain and developing a plan to stay tobacco free. "The hardest part of cessation is actual behavior modification," says Gail Helland, Cessation Class Instructor. "We can treat withdrawal with nicotine replacement therapy, but many people realize they have to completely change their routine." Helland says some people will attempt tobacco cessation several times before becoming smoke free, but relapse doesn't mean they can't do it. For more information on fees, scholarships or bringing the program to your workplace contact Gail at: 696-5153 or ghelland@swmedctr.com.

Smokefree Dining—a Hit!

In August The Health District released press packets to the local media announcing their new decal program for smoke-free environments, and smokefree dining guide. Several Washington and Oregon newspapers and television stations ran the story. James Lanz RN, Office on Tobacco at Southwest Washington Health District says, "the dining guide is popular and the bright blue decals are beginning to pop up on restaurants and businesses all over the area. The guide will also be available on the Health District's new Website in the next few weeks."

Great American Smoke Out Nov. 16

A Community Choices 2010 committee is busy planning activity ideas for middle and high school students for The Great American Smoke Out on November 16. They include promotional item giveaways, student suggestions and educational displays available for loan. School administrators can learn more by contacting Theresa Cross at the Health District: 397-8215 x3178.

Raise Cigarette Tax— Save Lives

Over 2.3 million smokers in the U.S. would be saved from premature tobacco related deaths in the next 40 years, if cigarette taxes were increased by \$1.00 a pack and the taxes were indexed to inflation. A new study also shows that even a tax boost of 20 cents per pack would save more than a million lives in the same amount of time. Most of the smokers who would not die of tobacco-related causes over the next four decades are today's young adults and teens - who are highly sensitive to cigarette prices. The study appears in the September issue of the scientific journal, *Preventive Medicine*.

zapbac.com Up and Running

Now its easy and even fun for young people to get information about tobacco, quit smoking or voice their concerns. The new interactive Website zapbac.com is up and running. The site - created by the Tualatin Valley Centers and sponsored by the Oregon Health Division - was created for youth ages 10-18 but it is perfect for teachers, counselors and parents too. Check it out for the latest tobacco information, help in quitting smoking, getting involved in youth tobacco advocacy, help with saying no to tobacco and testing your tobacco knowledge.

True/False Quiz from zapbac.com.

1. Lung tissue destroyed by smoking grows back after the person quits.
2. Outdoor air pollution is more harmful to my lungs than smoking.
3. Most smokers started by age 19.
4. Most smokers say they would like to quit and are sorry they ever started.
5. Nicotine is used to kill bugs.

Answers:

1. F— once its gone its gone.
2. F— Not even in the most polluted cities.
3. T— If you haven't started by age 21 you probably won't.
4. T— About 75% do.
5. T— Taken straight it would kill you.

Teen Smoking Up in Washington

More Washington teens are lighting up, according to a recent local study. In August the *State Department of Health and Office of the State Superintendent of Public Instruction* released study results showing 35 percent of 12th-graders reported smoking in 1999, compared to 22 percent in 1992. However, a Center's for Disease Control report shows smoking rates have dropped among high school students nationally. The report averages youth smoking rates across all states. Government analysts are attributing the drop to smoking prevention programs and the higher cost of cigarettes.

Secondhand Smoke Lawsuit

It is the largest secondhand smoke award to date in the United States. In August Olympic Airways was ordered to pay \$700,000 dollars to survivors of a man seated too close to the smoking section on an airplane. During the 1998 flight the man repeatedly asked a flight attendant to be moved— but his requests were denied. He died 2½ hours into the flight of a respiratory attack. Experts say the ruling should be a warning to all employers that they put themselves "at serious risk" if they fail to respond properly to complaints about secondhand smoke. *Sacramento Bee*

Cigarettes Hook Some Fast

It is a suspicion long held by smokers, but never proven— until now. Nicotine addiction can start right away. The study is in the British journal *Tobacco Control*. Students ages 12 and 13 surveyed from schools in central Massachusetts showed evidence of addiction within a few days of their first cigarette. A researcher says the study shows kids can't expect to experiment with smoking and then give it up. It may lead to a lifetime of addiction. *AP*

Dining Smoke-free Worldwide

Wherever you travel in the world, you'll probably find smokefree dining by logging on to smokefreeworld.com. You can send a review of your favorite smoke-free restaurant and owners can list their restaurants for free.